

12-2011

## Boerewors Recipe—Farmer Sausage

Malcolm Robertson

*Iowa State University*, [malcolmr@iastate.edu](mailto:malcolmr@iastate.edu)

Follow this and additional works at: <http://lib.dr.iastate.edu/stories>

---

### Recommended Citation

Robertson, Malcolm (2011) "Boerewors Recipe—Farmer Sausage," *STORIES in Agriculture and Life Sciences*: Vol. 5: Iss. 3, Article 29.  
Available at: <http://lib.dr.iastate.edu/stories/vol5/iss3/29>

This Article is brought to you for free and open access by the College of Agriculture and Life Sciences at Digital Repository @ Iowa State University. It has been accepted for inclusion in *STORIES in Agriculture and Life Sciences* by an authorized administrator of Digital Repository @ Iowa State University. For more information, please contact [digirep@iastate.edu](mailto:digirep@iastate.edu).

From the kitchen of: **Malcolm Robertson**  
program coordinator Leopold Center for Sustainable Agriculture

Read about Malcolm at [www.ag.iastate.edu/stories](http://www.ag.iastate.edu/stories)

## *Boerewors Recipe - Farmer Sausage*

### INGREDIENTS:

2 kilograms (4.4 pounds) prime beef  
1 kilogram (2.2 pounds) pork  
500 grams ( $\pm$ 1 pound) bacon  
20 grams (1½ tablespoons) coriander  
2 milliliters (½ teaspoon) ground cloves  
2 milliliters (½ teaspoon) ground nutmeg

30 grams (2 tablespoons) fine salt  
5 milliliters (1 teaspoon) freshly  
ground black pepper  
100 milliliters (6¾ tablespoons) vinegar  
Casing (pork casing is good)

*Preparing the coriander (15 milliliters produces 5 milliliters).*

**DIRECTIONS:** Place in dry pan, heat and stir until light brown. Grind, sieve to remove husk. Grind remainder to a fine powder. (A plastic food storage bag and a rolling pin works well. Recently I've been using an old coffee grinder.)

### *Making the Boerewors*

**DIRECTIONS:** Cut meat into approximately 25 millimeter (1 inch) cubes. Let the cubed meat stand for a while to allow excess blood to drain. Cut bacon into small pieces. Mix all the meat and spices. Add the vinegar and mix well. Put the prepared mixture in the refrigerator for at least two hours. Grind all together (do not grind it too fine - use the cutter that has  $\pm$ ¼ inch holes). Stuff the mixture into the casing, but be careful to not overstuff. Can be fried, grilled, or barbecued over coals.

*"This Boerewors recipe (South African sausage) has been around for a long time."*